



# GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP

MARCH 2018 VOLUME 9 ISSUE 3

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## INSIDE

The delicacy of white generosity	2
Courage and change	3
Packard Health	4
Lit's book progress	5
Boober Tours update	5
Coping skills	5
Prison art – PCAP	7
Housing rehab	8
Puzzles	9
Clinic deception	10
Mercy House laundry	11
Black bean enchiladas	12



Vendor  
Week  
2018  
recap  
p. 6



## The delicacy of white generosity



by Susan Beckett  
Publisher

Martin Luther King, Jr. Day and Black History Month are in the books for 2018. Leaders and speakers called for action – addressing poverty and the wealth gap, redressing the effects of long-term institutional racism and ending the violence against men and boys of color. They called – we listened, but will we act or lay these issues to rest until mid-January of next year?

Lydia Polgreen, editor-in-chief of *HuffPost*, led a University of Michigan (U-M) MLK, Jr. symposium titled “Who Gets to Define American Values?” In it, she claimed that we have outsourced civic responsibilities to the professional

political class and that there are now few entry points for civic engagement.

Even in the U-M’s 2018 MLK, Jr. Symposium theme – “The Fierce Urgency of Now” – it seems movement leadership has been prepping us for action. The Poor People’s Campaign is answering the call. Their stated mission: A National Call for Moral Revival uniting tens of thousands of people across the country to challenge the evils of systemic racism and poverty, the war economy, ecological devastation and the nation’s distorted morality.

They say it is not about the “right” or “left” but about right and wrong. They are calling for a season of moral resistance, organizing and civil disobedience. Leader and preacher William Barber, founder of the Moral Mondays protests known for civil disobedience, declared, “There will be a movement to break through the con, cut through the lies and bring people together to save the heart and soul of this democracy.”

As I ponder what role I will play, how far I will go, I weigh my commitment against my comfort. What will it cost my health to be arrested and spend a night or two in jail? Do I really have enough to gain to justify the loss?

Then a phrase from a January 2018 Penny Stamps lecture by black playwright Claudia Rankine returns to me – “the delicacy of white generosity.” While she said it in the context of the difficulty of accurately portraying white characters in a play in such a way that whites will continue their patronage, I thought of how my willingness to give money to someone is conditional on how they will spend it; and that my willingness to support a cause is often tied to them not working in opposition to any of my beliefs. Even in cases of right and wrong, I am thrown to weighing cost and benefit.

A question black change-makers must ask themselves, according to Rankine, is, “How much will you do to stay in the room?” This is relevant if you assume that white allies are essential to a successful revolution of values and national priorities and in overcoming the divisions created by identity politics. But it is also a question applicable to all of us who see the need for change. Our



future may depend on how adaptable we are to working with non-traditional allies who may endorse some lifestyles or goals of which we do not approve.

If we are to work together, it is imperative that we communicate effectively with each other. Fortuitously, State Representative Donna Lasinski is presenting a symposium on “Civil Discourse” on March 12 at the Pittsfield Township Hall on Michigan Ave., between Saline and Ypsilanti. Hosting the event is Reclaim Our American Democracy from Big Money, a cross-partisan group committed to ensuring that the voices of citizens are not drowned out by big donors’ money. The symposium is open to all and begins at 7:30 p.m.

Common wisdom says that mobilizing those most heavily impacted is crucial to making change. Yet missing work to protest poverty at the state legislature and possibly being jailed for a few days seems beyond what those struggling to feed and house their families can do without outside financial and legal support.

Achieving “a more perfect union,” in whose future all residents have a stake, does impact me personally. It frightens me that over 40 million Americans live below the official poverty level. The stability of our government, the health of those around me, the well-being of my neighbors on this earth all have a bearing on my own security and peace of mind and heart.

Michigan is among the 37 states planning coordinated action in support of the Poor People’s Campaign. Goals include achieving a living wage, clean water, quality education, health care and housing for all. The 40 Days of Moral Action begin on Monday, May 14 with a protest in Lansing. Over 200 Washtenaw County residents are expected to comprise the crowd of at least 1,000 people. Campaign organizers have asked us to come together across differences, hold hands with those we usually do not fight alongside, and consider, “How can I use my privilege to push the movement forward?”

Answers to that question included a pledge by local composer William Bolcom to stage his composition, *Leftists at Sea*. Dozens of people pledged to take actions that might result in their arrest. Many more pledged to show up for peaceful protests.

Organizers of the Poor People’s Campaign have built on Reverend King’s words and challenged us to imagine a world free of systemic poverty, systemic racism and environmental degradation and draw that vision on a square of fabric. The squares will be joined together to form the banner under which protesters will act.

There will be a mass meeting on April 8 or 12. Additional information is available at [breachrepairers.org](http://breachrepairers.org) and [poorpeoplescampaign.org](http://poorpeoplescampaign.org), and local organizing information is available at [facebook.com/michigansppc](http://facebook.com/michigansppc) and [facebook.com/ppcwc](http://facebook.com/ppcwc).

### All Are Welcome at the next GROUNDCOVER VOLUNTEER MEETING

Thursday, March 22 at 7:00pm  
Bethlehem United Church of Christ  
423 S. 4th Ave., Ann Arbor, MI  
Opposite the elevator on the basement level

## A small moment of courage and ripples of change



by Rev Dr.  
Martha Brunell  
Groundcover  
Contributor

It is a beloved event in my part of Northern Illinois: Winterfest at Russell Woods Forest Preserve. The weather has varied widely these last few years. But this year it was perfect. The day was mild with plenty of snow in the woods. The sledding hill as you enter the preserve was busy with eager young sledders and their families.

The event revolves around a mixture of seasonal activities. A longtime favorite is riding in the old wooden wagon pulled by a beautiful pair of huge draft horses. The wagon is jammed with riders on every trip it makes back and forth on the preserve’s snow-packed dirt road.

Meanwhile, there is candle dipping at an outdoor bonfire. Inside the

nature center, a sizeable tortoise named TJ makes his way among the crowd sporting a custom-made, winter rice-filled blanket. People of all ages are pouring over books in the library corner, watching birds eat at the feeders, viewing the residents of various cages and tanks, hearing periodic presentations on tracking, coyotes and pollinators and waiting for the next hike. There are craft activities and snacks prepared by a local scout troop. This is a winter Saturday greeted with enthusiasm by residents across the county, including children, teens and adults. Many familiar faces return year after year.

The sign-in sheets indicated a large number of participants this year. A woman entered with her young daughter, and it was quickly apparent she knew Spanish but little English. Peggy, who has been overseeing this and many other events at Russell Woods with love and competence for the last 17 years, isn’t a Spanish speaker. She quickly called her son

over. He is a junior in college who has literally grown up at Russell Woods. He is also studying to be a high school Spanish teacher. His studies included a summer immersion experience in Costa Rica and his Spanish is solid. Without hesitating a moment, he shared his love of the forest preserve and Winterfest, in Spanish, with the woman and her daughter.

The young girl quickly engaged in the activities all around her. Her mother continued in conversation with Peggy’s son explaining how she had heard about Winterfest and hoped her daughter could come and enjoy it even with a potential language barrier. She couldn’t describe how welcomed she felt. By the time her daughter had worn out every activity, her mother had left her contact information along with an offer to become a Spanish-speaking volunteer for Russell Woods’ extensive programming – starting the next day. Peggy shared that in a group that included more than 200 people, it was that courageous woman and her

daughter who made her day.

This woman’s desire for her daughter to be a part of the treasured Winterfest overcame any fears she had concerning what they might experience if they showed up. She didn’t know if they would be understood, welcomed or encouraged to join in all that was going on. She didn’t know anyone who was planning to be there. Her everyday courage got them in the door, and before they left she had extended a gift of her time that could change the forest preserve’s programming in bilingual ways yet to unfold. This was such a simple, small moment.

Thousands of moments like these in local places across the country, retold from person to person, could change the language about who belongs, who contributes and who defines what it means to be in the United States today. Perhaps there is a story about such a moment you might spread to widen our embrace of what our future looks like and who it will include.

## GROUNDCOVER MISSION:

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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## Packard Health offers integrated health services for all

**Persephone Hernandez-Vogt**  
**Groundcover Contributor**

Where can area residents insured by Medicaid find a primary care doctor? Packard Health is a not-for-profit community health center with locations in Ann Arbor and Ypsilanti. An article in the December 2017 issue of Groundcover described the opening of the Miller Manor Clinic, a collaboration between Packard Health and Avalon Housing.

Founded in 1973 by Dr. Jerry Walden, Packard Health has three main locations, two in Ann Arbor and one in Ypsilanti. The health center, whose website header champions the idea of “health care for everyone,” is a Federally Qualified Health Center (FQHC), which indicates the center’s focus on providing health care to people regardless of what kind of insurance they may or may not have.

Dr. Ravi Vadlamudi, the main doctor associated with Miller Manor Clinic, spoke by phone about the difficulties that low-income patients face in accessing health care. “There are of course barriers that get in people’s way in terms of finance and transportation,” he explained.

Some barriers, though, are psychological. Vadlamudi described how, once they have earned a patient’s trust, primary care providers can help the people they work with overcome these psychological barriers and feel secure in accessing health care. “You can actually help guide them through this other stuff. You like them; you care about their health; you can help them navigate the system. You believe this colonoscopy is important, you believe they should keep this neurology appointment.”

Vadlamudi’s feelings on the interconnectedness of health care reflect Packard Health’s integrated health care model. As the website explains, this model unites “primary care, mental health care, disease management programs and education ... offered in one family practice setting. At Packard Health, the professionals working with a patient all use the same electronic records. “It’s a really big deal to have the same database for everyone,” said Dr. Ray Rion.

Dr. Rion has worked at Packard Health for 15 years. He, too, emphasized how patients might wrestle with health care



**Packard Health provides primary care on a sliding scale at its three locations. Groundcover vendor Tony S. (right) was the first patient seen by Dr. Ravi Vadlamudi (left) at the Packard Health clinic in Miller Manor.**

access. Health care can appear as “a big box, like a hospital,” he explained. “And if you’re someone who functions well and can enter the box on the box’s terms, you can do okay. The less able you are to function like that for whatever reason, the more the healthcare system does not serve you well.”

Rion expressed a sense of optimism that recent Packard Health projects might disrupt these norms. “I absolutely love some of the outreach programs we are doing at Avalon and Miller Manor,” he said. “It’s getting a bit out of the health care box. A lot of people don’t function well in that system, through no fault of their own.”

Vadlamudi is also excited about the Miller Manor Clinic. “It’s very clean. It looks professional. I think people like that. I think people feel valued when they go to a nice facility.”

Packard Health’s commitment to valuing all patients can be traced back to the vision of its founder, Dr. Walden. Walden grew up in Bad Axe, Mich. and studied medicine at the University of Michigan in the 1960s. He began serving inmates at a federal prison in Kentucky after being drafted during the Vietnam War. During that time he began considering how to reach more people as a doctor.

“Again, this was the Vietnam War and the Civil Rights Movement, and that had a dramatic impact on him,” explained Rion. “Out of that milieu he came back to Ann Arbor to take care of people who needed it,” founding what was then called the Packard Community Clinic.

Vadlamudi’s interactions with Nepali-speaking patients have influenced his understanding of interpretation in medicine. “It makes you realize how much you don’t know when you go in with a phone interpreter.”

Vadlamudi believes the range of languages spoken helps patients from all linguistic backgrounds. He highlighted Spanish. “[Spanish-speakers are] a large community in the United States and very underrepresented medically. ... It’s another way health care can extend its reach.”

Asked what made working at Packard Health unique, Dr. Vadlamudi described larger health organizations where “you would hear comments about how we’re getting too many Medicaid or Medicare patients.”

“I don’t like thinking about my patients as what insurance company they are coming from,” Vadlamudi said. “I just like seeing them kind of across the board. At Packard Health there is none of that [discussion over whether someone has Medicaid or Medicare]. I just see who I want to see or who is on my list to be seen, and in fact we do the opposite, where a lot of those folks who will be preferentially not seen at other clinics, we would preferentially see, realizing they don’t have access to that care.”

Dr. Rion concurred. “I went into medicine to take care of sick people.”

  
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## Book progress while continuing the struggle to survive



**by Lit Kurtz**  
**Groundcover**  
**Vendor #159**

Thanks to the people who have taken time to stop on the street and encourage me in my book writing venture. Although I have more stability, I have to remain diligent and proactive because I am still vulnerable to slipping back into the elements. The day-to-day struggle – survival – remains paramount.

I have to remind myself to be cognizant that not everyone is aware of the fragmented existence of a person who is living without a home. That what most consider normal routines not to be given a second thought are often activities that I need to resourcefully piecemeal together. There is an ordeal and often lengthy process to even the simplest tasks, from having a place to sleep to eating a nutritious meal. There is the ever-present fear that I may not be able to make the quota needed to survive any given day.

This recent winter freeze took the lives of two individuals in a nearby city and state.

## Where are our coping skills?

**by Rasna Kaur**  
**U-M Medical Student Contributor**

“How do you cope with stress?”

The first time I was asked this question, I was taken aback. Does repressing emotions and attempting to “push through” stressful situations count? While I was absolutely sure that I had encountered stressful situations in my life, I’m embarrassed to say that I could not concretely answer this question.

This year, as a second-year medical student here at University of Michigan, my classmates and I finally began working in the hospital, and my first clinical placement – in child psychiatry of all places – pushed me to think more about this question.

Many of the children in the psychiatric unit were facing enormous stressors that I could not begin to imagine – depression, anxiety, substance abuse, eating disorders, obsessive-compulsive disorder (OCD) and more. Coupled

I am no exception to this risk, and am aware that even the slightest incident can plunge me back into the horrific circumstances from which I am trying to emerge. I am on the verge of mainstream yet teetering on the edge of doom.

The first round of preorders for my book helped to give me a boost of confidence and provided more stability, but certainly did not ensure me the security and all tools I need to complete the project.

In addition, storing my belongings is an ongoing battle for me that many of us living with so much housing instability often lose. I have been able to hold onto this second round of storage. It is there where my preorders are stored and upon gaining access to them again, I will begin engaging with those who signed up for my book.

In a world where technology has added to the speed in which we want to receive our things or have services done, the experience of my life is easily lost in translation. But as I work under the circumstances of my “new normal,” realizing that we are still waging a protracted war against homelessness well into the 21st century, I am happy to be making significant strides to fulfill my book project.

with these disorders, many of our patients struggled with a chaotic home life and difficulties in school or with peers.

I wondered how in the world we as providers could possibly solve *all* of these concurrent problems. The truth that I soon learned was that we could not. While it was true that medication could help the symptoms of many of these disorders, a large portion of the work done in the hospital was focused on coordination with families, schools and therapists and the implementation of a small phrase that I heard almost every day: “coping skills.”

What are coping skills? In theory, I thought I knew what they were – healthy and easy action items (for example, taking a walk, making a cup of tea or writing in a journal) that could be taken to reduce stress. But as I counseled our young patients on how to implement coping skills into their lives and even made lists detailing the concrete steps they would take when they were feeling down, I could not help

Thanks again to those who understand this journey and have offered encouragement. Your patience means the world to me. I anticipate that sometime this year, I will send out invitations to my book signing. I am practicing how to sign my name and

## Boober update – sharing the load



**by Kevin Spangler**  
**Groundcover**  
**Vendor #307**

These last few years have been amazing. I have found it to be necessary to build a strong foundation. Too many years before this I had been building on a faulty foundation. Now I make virtually zero poor decisions. I constantly think about the best way to do something for the best outcome that is most affordable and the most profitable.

Everything has steps to it. This month has been very interesting because I have brought on a business partner to spread some of the workload for the massive goals Boober has set. I am learning to let people take on tasks and do them how they want to after I explain how I want the outcome.

I have learned that everyone has their

but feel hypocritical. I could not truly understand the importance of coping skills if I had not practiced them myself.

A few weeks later, as I transitioned from child psychiatric care to adult psychiatric care, I continued to ask myself this question: *Where are my coping skills?* Indeed, where are *any* of ours? How many of us have experienced anxiety or stress at some point in our lives? Do we have a systematic way in which we handle these feelings? Can we list at least five personal coping skills that we have tried that work? My personal answer had always been no.

Working in adult psychiatry, I learned that at a certain point, “pushing through” stress no longer works, and the damaging results of that approach manifest themselves in many ways. I saw this firsthand as eight of my classmates dropped out of our medical school last year, citing mental health concerns as one of the top reasons. If

write meaningful remarks of gratitude on the inside cover.

If you would like to know how you can support my book project, please email me at [litshome1@gmail.com](mailto:litshome1@gmail.com).

own unique way of doing things and I want them to be free and have less stress. I know there are only so many hours in the day, and it takes many people accomplishing small goals to attain large goals. So, I am finding friends with special talents that come from their own stories who think outside the box – including people who never went to school to be super-successful. It’s not an education that make you successful – it’s a well-thought-out plan that you work at day after day until your vision is realized.

Every day I encourage the students, telling them that they actually need to think about what they want to do and plan for the future. It’s all about visioning.

We are bringing on some new faces at Boober and they are taking to the program I have developed based on how I changed my life. It is nice to be thanked for helping people. Being appreciated by my team means a lot to me.

there was ever a time for me to make a change, this was it.

At the end of my clinical time in psychiatry I took out the workbook I had used with my first patients on the child psychiatric unit and flipped it open to a list of coping skills (*see sidebar on page 10 for examples*). I circled the ones I thought would help me and I’ve begun to test them out to see which ones fit for me. I’m not going to lie – it’s hard work, and I am sure that for many of us, it may seem easier to face stress by sliding into old, comfortable habits – ignoring problems, bottling up negative emotions, and for some, even self-harming or self-medicating with alcohol or drugs.

Additionally, testing out these coping skills can seem futile and selfish at first. It is true that taking a walk will not pay your debts. Talking to a friend will not

**see COPING SKILLS, page 10**



## International Street Paper Vendor Appreciation Week recap

Our local observance of *International Street Paper Vendor Appreciation Week 2018* was varied and enthusiastic. Vendors received gift bags of goodies from volunteers and a 50 percent discount on papers from the Groundcover News board of directors. They were joined on the streets by a dynamic group of *Celebrity Guest Vendors*, many of whom share their experiences with you:

My time selling papers with Tabitha, Schillington and Joe was impactful, hearing their stories, learning from them. Groundcover vendors express diligence and hard work. Through the paper and in their interactions with customers, they express an important and valued voice in the community. They develop skills of engagement and perseverance. They gain both an appreciation for self-reliance and the understanding that we are all in this together. I'd encourage everyone to buy Groundcover, read Groundcover, and let the vendors know that you appreciate and support them. I've learned a lot from doing so; you might too. Thank you!

— **Christopher Taylor**  
Mayor of the City of Ann Arbor

I don't know that I learned a lot new ... but I think it reinforced for me what I already believed, which is that many/most people who are homeless are just other good people who but for a series of not-great situations in their lives, and the lack of a social/family/friendship safety net to help them, end up living on the street. I've long believed there's a very thin line (if there's a line at all) between folks like you and me and Hailu and others who find themselves

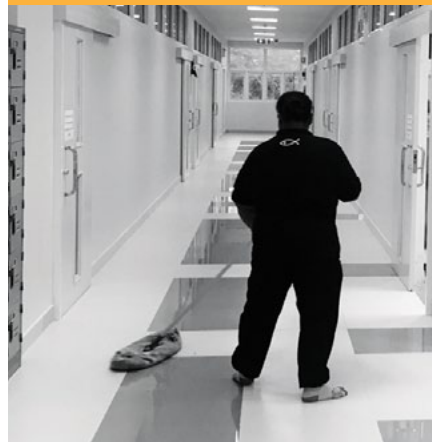
homeless ... it's more about some bad breaks, a few not-so-great decisions (which we've all made many of, or at least I know I have), lack of support from others to help cushion the fall ... and then it's very hard to go from homeless back to where one was before. Folks like Kevin of Boober Tours make

see **VENDOR WEEK**, page 11



Clockwise from top left: State Representative Adam Zemke with a customer and vendor Emanuel R.; vendor James T., AAPD Officer Paddock and Boober Tours owner and vendor Kevin Spangler; vendor Schillington M., Mayor Christopher Taylor and customer; Ypsilanti politician Anne Brown and vendor Lonnie Baker; Jessica Elkins (of Jessica's Apothecary); vendor Will Shakespeare and Delonis Center Director Dan Kelly. (Cover photo: Vendor Hailu S. and Zingerman's co-founder Ari Weinzwieg)

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## Art connects prisoners with public

by Rasna Kaur

Twelve years into a 20-year incarceration, Dan Mullins wanted to make a change. For the first half of his sentence, Mullins had studied and worked as a paralegal, assisting prisoner cases and fighting for prisoner rights. Now, more than a decade into his sentence, he had decided to take up painting.

"I needed to express, create and see beyond those fences," Mullins said of that time while speaking to small audience at a preview event held Friday, February 9 in Kerrytown, Ann Arbor for the "Prison Creative Arts Project" (PCAP) – an annual exhibition of art-work created by prisoners in Michigan. "The only way to do that was to paint," he said.

Mullins was joined at this event by Janie Paul, PCAP Senior Curator and co-founder. Paul says when she started the annual show in 1996, the show had about 50 pieces. As the project has grown, so has the amount of artwork. Last year's show featured over 500 pieces for sale from all Michigan state prisons.

After studying from books bought from Amazon, Mullins, who was once known in prison circles as the "law dog" for his work as a paralegal, quickly took on a softer reputation as a painter. News of his interest in painting spread, and Mullins began working projects around the prison and for commission.

A month later, circulating flyers for the 2009 PCAP caught Mullins' attention. He submitted his work and recalls anxiously standing by his paintings while they were being evaluated. He was overjoyed to hear later that three of his paintings had been accepted.

For the following eight years, Mullins' work was featured in the annual show. Although prisoners are not allowed to attend the actual exhibition, a video recording and booklet of the event was sent to prisons involved in the exhibition each year. Together, Mullins and other inmates would gather around a TV and watch the video recording, listening carefully for speeches from former inmates. This recognition from people "of the world" was a source of great pride for the prisoner artists, and many prisons played the video for a few days on repeat (while other prisons



Shaina Sekhri and Ricky Singh admire a painting Olinger Merko created while he was incarcerated.

refused to play the video at all).

After eight years of participating in the art show, Mullins was finally able to attend the exhibition a few years ago for the first time while on parole. He recalls that the most exciting moment was getting the chance to speak, not because of the large audience, but because he knew a recording of his speech was being sent back to his friends who were still incarcerated. "I knew when I was talking, I was talking to those guys back in there,"

Mullins said. "I was talking directly to them."

The Prison Creative Arts Project's 23rd Annual Exhibition of Art by Michigan Prisoners will take place from March 21 - April 4, 2018 at the Duderstadt Center Gallery located at 2281 Bonisteel Blvd., Ann Arbor, Mich. The gallery is open Sunday-Monday, 12-6 p.m., and Tuesday-Saturday, 10 a.m. - 7 p.m. The gallery will be closed Sunday, April 1. The event is free and open to the public.



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# Ann Arbor Housing Commission wins chance to fund final renovations

by Susan Beckett

The preservation and development of improved and increased subsidized housing in Ann Arbor has just been guaranteed for the scattered site properties of the Ann Arbor Housing Commission (AAHC). Replacing the Platt Rd. and Henry St. buildings will comprise the major portion of the project approved for the Housing and Urban Development (HUD) Rental Assistance Demonstration (RAD) project known collectively as Swift Lane. It will be funded by selling the Low-Income Housing Tax Credits that the AAHC applied for again in October of 2017 and were just awarded by the Michigan State Housing Development Authority (MSHDA) in February of 2018 to redevelop their scattered site housing.

The existing units are now empty. Residents relocated into other AAHC properties or received Section 8 vouchers which they are using to subsidize their rent in the open market. The buildings will be demolished and replaced with larger, energy-efficient, disabled-accessible buildings constructed with clean, sustainable materials. There will be 32 apartments ranging from one to five bedrooms each in the Platt Rd. building, a net gain of 28 units.

There also will be 32 apartments in the Henry St. building, a net gain of four. Of these, 23 are one-bedroom apartments, at least 14 of which will be permanent supportive housing (PSH), and nine two-bedroom apartments, of which at least two will be dedicated to PSH. Tenants in the PSH units will receive supportive services from Avalon.

All tenants will continue to pay one-third of their adjusted income in rent and the remainder of the rent payment will be subsidized by HUD through site-based Section 8 vouchers.

AAHC units are filled from their waitlist (prioritized by Washtenaw County residency, disability and homelessness) – which is so full that it is closed for the foreseeable future – and through the Housing Access for Washtenaw County (HAWC) waitlist, which is prioritized



This waterfall spewing from a burst pipe in the Henry Street apartment resulted from funding woes for maintenance.

for chronically homeless households.

The convoluted mechanism for financing the rebuilding can be confusing, but in the end, the only thing that changes for the tenants is the vastly improved quality of their apartments. The AAHC is still the landlord, though apartments are technically leased through a limited liability corporation (LLC) that formalizes the relationship between the AAHC and the entity financing the project.

The AAHC has secured the rights to \$1.5 million in tax credits for each of the next 10 years. It is working with a broker who will sell those tax credits at market rates to businesses who need them. The businesses also get to write off the depreciation of the buildings for the next 15 years, assuming the AAHC fulfills the IRS requirements for the tax credits. The money from the sale of the tax credits will finance the rebuilding of the housing units.

Over the last 35 years, Congress drastically reduced funding for public housing projects, which fell into disfavor with a reputation for concentrating poverty and attracting crime. That choked off funds for maintaining public housing complexes. HUD estimated that the country was losing 10,000 - 15,000 units of affordable housing every

tenants to pay only one-third of their income for rent in apartments. In 2012, HUD experimented with converting the status of some public housing projects so that they, too, could benefit from the tax credits and site-based vouchers. Ann Arbor applied to be included in this Rental Assistance Demonstration program and, in 2013, was one of 10 Housing Authorities authorized to completely renovate or replace its entire portfolio of 355 units, providing it could raise all the money to do so through private entities, including that raised by selling tax credits.

Each state is given a limited number of tax credits. Developers, approved housing commissions and non-profits all compete for these. MSHDA decides who gets them in Michigan.

The AAHC applied to MSHDA to receive LIHTC tax credits for each phase of redevelopment. They applied five times before finally receiving this last allotment, which will allow the AHHC to secure private funding to finish this much-needed rehabbing of the last of its 355 units. No structural maintenance or improvements have been made to the Platt Rd. and Henry St. buildings in over 20 years and they need new roofs, windows, cabinets and fixtures as well as upgrades to the plumbing and electrical systems. Several of the Platt Rd. apartments were built on a flood plain and routinely have water in their basements, leading to a whole host of problems.

year because of the buildings becoming uninhabitable. That contributed to the burgeoning homelessness crisis.

To provide a private enterprise alternative to public housing projects, Congress funded Low-Income Housing Tax Credits (LIHTC), administered by the IRS, to spur developers to build low-income housing. These credits were not available to refurbish or replace existing public housing. This IRS program, which depends on private investors – not HUD – is now the largest single source of funding for affordable housing.

Congress also provides funding for site-based Section 8 vouchers, which allows

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3	1			9				
6								
	7		5	6		8	2	
9	2		8				4	
		4	1	2	9	5		
	5			4		3	9	
	4	7		8	3		9	
								2
				5			8	4

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

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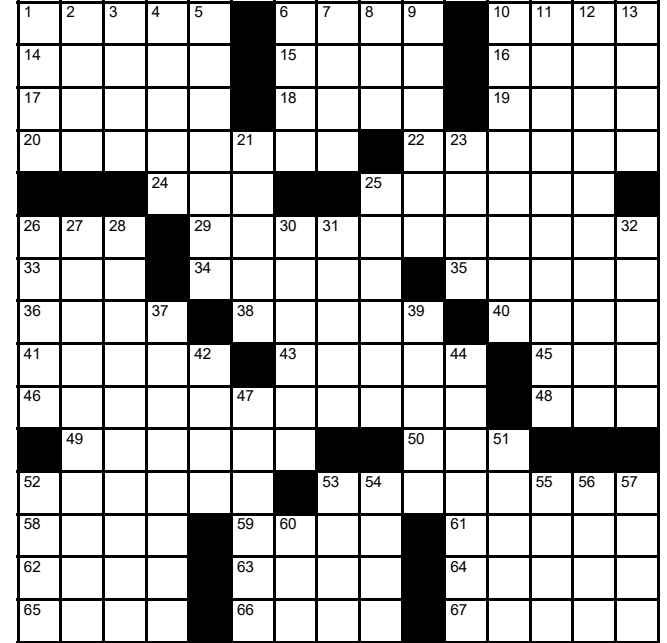
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### ACROSS

- Upper body
- Far from tongue-tied
- Beldar of Remulak's pointy head, for one
- Sickening food bug
- Start over from scratch
- Binary number elements
- Lagoon wall, typically
- the "Terrible" (old Russian ruler)
- Carbon's is 12: Abbr.
- Patriot launcher?
- it (lived like a single man)
- Publisher's [not my typo]
- "Land o' \_\_\_!" (quaint exclamation)
- Intensive medical scan: Abbr.
- Second commandment no-no
- Begotten boy
- Deadly sin sum
- Long, flowing hair pieces
- Diana who swam from Cuba to Florida at 64
- Genders
- Put-together
- Skeletal remains
- Birthmark
- Genetic messenger: Abbr.
- Coded message
- OT enders thrown by 20-Across, perhaps
- Emulate
- Emulate Eminem
- DIA muralist Diego \_\_\_
- Where signals get dropped, and what's hidden at the starts of 20-, 29- and 46-Across
- "\_\_\_ fire to the rain": Adele lyric
- Birdbath setting
- Chicago airport
- "\_\_\_ Girl" (2014 Ben Affleck thriller)
- Marked, as a ballot
- Bazaar displays
- \_\_\_ on a log (raisin-studded celery snack)



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- Glistening, as at dawn
- Start to buckle?

### DOWN

- Sample
- Número before nueve
- Non-stop smoochers should get one
- Big hunks
- Crude drillers
- Crossword puzzle template
- Impose, as a tax
- \_\_\_ B. Wells (civil rights leader)
- Petite sweet
- Major the horse's human form in "Cinderella"
- Attuned to threats
- 20-Across territory
- Founding date abbr.
- Millionaire \_\_\_ (end-of-LIFE alternative)
- "Most unlikely!"
- Swiss convention city
- Rachel Maddow's network
- "Only the Lonely" crooner
- Come what may
- Take an eye for an eye
- Facilitator of "pique" experiences
- You are, to Yolanda
- Drains
- Toyota model until 2002
- How to make a proper risotto
- "Dark \_\_\_" (gothic 2012 Depp/Burton film)
- Blessed
- "Most unlikely!"
- Latvia's capital
- Southern Brees
- Drain effect
- \_\_\_-pro (teacher's aide)
- Mined-over matter
- Pianist and radio host John
- Lumberjill's feller

## GROUNDCOVER VENDOR CODE

While Groundcover News is a nonprofit organization and newspaper vendors are considered contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following list is our Vendor Code of Conduct, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

All vendors must agree to the following code of conduct:

- Groundcover News will be distributed for a voluntary donation of \$2, or the face value of the paper. I agree not to ask for more than face value or solicit donations by any other means.
  - I will only sell current issues of Groundcover News.
  - I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
  - I will wear and display my badge when selling papers.
  - I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from other Groundcover News vendors, especially vendors who have been suspended or terminated.
  - I agree to treat all customers, staff and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
  - I will not sell Groundcover News under the influence of drugs or alcohol.
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## Protesters accuse Ann Arbor anti-abortion clinic of deception

by Julia Henrikson

Groundcover MSW Intern

Imagine you're sick, so sick that you head to the nearest urgent care clinic. Once inside, it seems like a typical medical office, the staff dressed in scrubs, charts on the walls. Your appointment seems average, as well. The doctor asks a few questions, examines you and prescribes treatment. Thinking back, perhaps they seemed a bit too eager to recommend a specific treatment – but they were the experts, weren't they?

The frightening truth, you later discover, is that it was all a charade. The center wasn't a comprehensive medical facility and the "doctors" weren't licensed MDs. They were there to push a specific treatment agenda, one that may or may not have been the right choice for you.

One would assume that posing as a legitimate medical facility would be illegal, but for women seeking abortions, encountering a fake clinic is statistically more likely than finding a legitimate provider, according to reports by *Salon.com*. In an August 2017 article, the website revealed that Crisis Pregnancy Centers (CPC) are being designed to

carefully mimic the appearance of abortion clinics in hopes of luring "poorly informed pregnant women and pressure them not to have abortions."

These centers often claim to be medical facilities, but the extent of care they can provide is limited to facilitating a pregnancy test, which are otherwise widely available and do not require the help of a medical professional.

This deception isn't limited to historically anti-choice states like Texas. Just last month, here in Ann Arbor, some 40 members of the National Organization for Women's (NOW) Washtenaw County Chapter protested the operation of a CPC called ArborWoman, located near Liberty and State Streets. According to local NOW members, the January demonstration, in addition to others in Macomb and Oakland Counties, was meant to inform the public that "public money is available to fund unlicensed, non-medical facilities that do not offer women full reproductive care."

According to a 2016 report by *Think Progress*, Michigan spends \$400,000 Temporary Assistance for Needy Families (TANF) dollars to fund Crisis

Pregnancy Centers.

"Washtenaw County NOW wanted to raise awareness of the existence of these clinics and gather public support for legislation that would cut public funding and prevent these facilities from misleading unsuspecting women seeking genuine medical care and advice," said Georgina Hickey, president of the Washtenaw County NOW chapter. "These so-called clinics are lying to women about their health care options and masquerading as licensed medical facilities."

We reached out to ArborWomen for comment about the protest. Their Executive Director stated that "We are not a deceptive medical facility. We do have licensed medical professionals working for us."

With the pervasive attempt to restrict abortion access by reducing the number of available clinics around the country, the imbalance of truth and lies is apparent. Placement also plays a factor – the harsh restrictions on abortion clinics means that the closest provider, Planned Parenthood's Ann Arbor Health Center, located near the

intersection of Washtenaw and Huron Parkway, is a 30-minute bus ride from downtown Ann Arbor. Those same restrictions don't apply to ArborWomen, as it is not a medical facility that provides comprehensive reproductive care (which includes abortion services or referrals). Thus, its location makes it more accessible to women without access to transportation.

After a conversation with Hickey, it's clear that this isn't the end of their efforts. The positive reception and turnout to the protest has motivated the NOW chapter to continue shedding light on the misleading nature of CPCs. "People are conditioned to think that protesters outside a clinic are anti-choice," stated Hickey, "but turnout was great – a neighbor to [ArborWomen] actually came down and protested with us for an hour."

"It's a hard issue," Hickey went on to say. "It takes some time to explain how CPCs work. They don't provide contraception, and they talk about abortion in a negative light. We would like to see some legislation to encourage truth in advertising and an end to public funding for CPCs."

## Where are our coping skills?

continued from page 6

make your mental health condition go away. Starting to exercise will not bring back together your estranged family. However, I've realized that the idea behind developing coping skills is not to solve unsolvable problems, but to – at the very least – have control over the way in which we feel and react to them. As for me, the next time I'm asked how I cope with stress, I may not have a concrete answer, but at least I'll know a few ways in which I can try.

**Author's Note:** A change in mindset and a commitment to positively coping with stress can be helpful, but unfortunately is not always the cure. Many conditions require concurrent medical and therapeutic care. If you or someone you know is struggling with mental health and would like help, please contact Washtenaw Community Mental Health (CMH) at 734-544-3050 or 1-800-440-7548. CMH is an entry point for Medicaid-eligible and uninsured patients. In an emergency, please contact the National Suicide Hotline at 1-800-273-8255. More extensive lists of coping skills (also referred to as coping strategies) are available on Pinterest and other online locations.

### 6 Healthy Coping Skills for most occasions

- 1. Get present** — bringing yourself back to the present moment through mindfulness practices like meditation, yoga or quiet time in nature strengthens that part of your awareness that can rise above your life circumstances and give you fresh perspective.
- 2. Soothe yourself** — comforting and calming yourself through your senses can bring you back to the simple pleasure of being.
- 3. Express yourself** — writing, drawing, or even dancing about a challenge can lead to clarity about your emotions and needs.
- 4. Get inspired** — doing something that represents the opposite of a negative emotion can swiftly flip your state of mind. Sad? Watch a comedy show. Discouraged? Try affirmations or motivational talks.
- 5. Take a break from your troubles** — distraction, aka escapism, has its place in the pantheon of self-care. If nothing else works, zone out to a book, album or movie.
- 6. Reach out** — When other coping skills aren't enough, reach out to someone who cares – family, friends, even a crisis hotline can be the extra support you need.



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Bethlehem Church is home of the Groundcover office

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March 23 German Pretzel Sales, 11 – 1, \$1 or \$10 dozen  
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March 23 Fourth Friday Fun Night, 6 p.m.  
March 25 Palm Sunday  
March 29 Maundy Thursday service, 7 p.m.  
March 30 Good Friday Vigil 7 a.m. – 7 p.m.  
Good Friday Services, 12 p.m. and 7 p.m.  
April 1 EASTER SUNDAY  
Sunrise Service, 7 a.m. at Bethlehem Cemetery  
10 a.m. Easter Sunday Worship Service in the Sanctuary



Sunday Worship Times  
8:30 a.m. Chapel  
10:00 a.m. Sanctuary  
10:15 a.m. Sunday school  
Coffee Connection follows each service

## St. Mary's philanthropy meets Mercy House hospitality

by Will Shakespeare

Groundcover Vendor #258

Mercy House is a house of hospitality. St. Mary's Student Parish is a local church in Ann Arbor known for its generosity, kindness and compassion. Together they are helping members of the local homeless community stay clean.

As a house of hospitality in the tradition of Dorothy Day and Jane Addams, Mercy House is committed to providing the highest possible help to the poor, the homeless and the vulnerable. A community breakfast is provided every Saturday morning from 10-2 at Mercy House, located just west of downtown at 805 W. Huron St. Open hours for dropping in are 6-9 p.m. on

Mondays and Wednesdays.

Guests may sign up for free showers and free laundry on the days of their visit. Members of the homeless population in Arbor and Ypsilanti come to the Mercy House to do free laundry. The high frequency of use often leads to machine breakdowns and exorbitant repair costs.

Early in 2017, one of the Mercy House volunteers (Mr. Malcolm) found out that the industrial washing machine in the basement was experiencing some problems. He donated a used washing machine and a dryer. They did not last very long – they broke down in less than a year.

St. Mary's Student Parishioner Andy Bemish donates a 6-gallon tub of

washing detergent every month, along with a Kroger gift card for groceries. When he found out what happened to the laundry machines, he shared his concern with some members of his congregation.

During the month of Advent, a holy month of love, gratitude and giving within the Christian community, about \$1,500 was raised to buy a brand-new washer and dryer. St. Mary's parishioners purchased the laundry machines to help the homeless guests wash and dry their clothes at Mercy House with ease and convenience.

The new laundry machines were delivered in January 2018. One recent user said, "I like the new dryer a lot. I can get 20 minutes extra time when I dry my clothes." Another recent user said,

"It works great!"

There is an old saying, "Gratitude is a memory of the heart." We are grateful to so many churches, community organizations, individuals and non-profits which have gone the extra mile to demonstrate empathy, sympathy, kindness, love and compassion.

One old member of the 1960s Club of Rome talked about the concept of "Life Boat Ethics." We are on Planet Earth to help each other survive and succeed. Let us try to remember a wise quote from Senator Robert Kennedy when he observed excruciating poverty amid affluence:

"There are those that look at things the way they are, and ask *why*? I dream of things that never were, and ask *why not*?"



Clockwise from top left: Vendor Joe Woods with AAPD Officer Martelle; Vendor Hailu S. and Ari Weinzwieg chat with Genie Wolfson and Bruce Baker; two customers with Mayor Christopher Taylor and vendor Tabitha L.; AAPD Officer Paddock with vendor Kevin Spangler and two U-M students.

### PUZZLE SOLUTIONS

3	1	2	7	9	8	4	5	6
6	8	5	3	4	2	9	1	7
4	7	9	5	6	1	8	2	3
9	2	6	8	3	5	7	4	1
7	3	4	1	2	9	5	6	8
8	5	1	6	7	4	2	3	9
1	4	7	2	8	3	6	9	5
5	9	8	4	1	6	3	7	2
2	6	3	9	5	7	1	8	4

1	2	3	4	5	6	7	8	9	10	11	12	13					
O	M	A	H	A		R	A	B	B	I	M	R	S				
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17	B	R	I	T	I	S	18	H	C	U	R	R	E	N	C	Y	
20	S	E	N	D		21	T	E	S	T	S		22	D	U	K	E
					23	A	S	E	A		25	C	T	A			
					27	H	I	T	W	I	T	H	A	M	M	E	R
34	C	A	V	E	I	N		35	I	N	T	L		36	A	B	U
37	C	L	A	S	S		38	P	R	Y		39	E	F	R	O	N
41	C	A	N		42	H	E	R	E		44	A	N	O	I	N	T
45	P	L	A	C	E	F	O	R		47	A	S	T	R	A	Y	
					48	U	S	F		49	I	L	S	A			
50	A	R	T	S		53	O	I	L	M	E		56	T	A	C	O
60	M	E	A	S		61	U	R	E	O	F	W	E	I	G	H	T
63	P	A	X		64	I	T	S	S	O		65	S	M	E	A	R
66	S	R	I		67	E	S	T	E	R		68	P	E	S	T	O

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## Black bean and cheese enchiladas

by Elizabeth Bauman  
Groundcover Contributor

### Ingredients:

2 small dried ancho chiles (remove the stems and seeds)  
2 cups water  
1 tablespoon olive oil  
1 cup chopped yellow onion  
5 garlic cloves, sliced  
1/4 teaspoon kosher salt  
2 cups organic vegetable broth  
2 teaspoons dried oregano  
2 tablespoons tomato paste  
3/4 teaspoon ground cumin  
1 tablespoon fresh lime juice  
1/8 teaspoon ground red pepper  
1 15-ounce can black beans, rinsed and drained  
2 cups Mexican blend cheese, divided  
3 sliced green onions  
10 (6-inch) corn tortillas

### Directions:

Preheat oven to 400 degrees.

Combine chiles and water in a saucepan; bring to a boil, reduce heat and simmer for 10 minutes. Remove from heat and let stand for 5 minutes. Drain in colander over a bowl and reserve 3/4 cup cooking liquid.

Heat oil in a medium saucepan over high heat. Add on-

ion and sauté for one minute. Reduce heat to medium and add garlic and salt. Cook for 5 minutes or until golden, stirring occasionally. Add broth, oregano, tomato paste and cumin. Cook 10 minutes, stirring occasionally, until thickened.

Pour onion mixture into blender; add chiles and reserved liquid. Blend until smooth. Finally, stir in lime juice and red pepper.

Combine the beans, 1 cup cheese and half of the green onions in a bowl. Spread 1/2 cup sauce in the bottom of a lightly greased glass baking dish. Warm tortillas according to directions. Spoon 3 tablespoons of bean mixture into each tortilla and roll up. Place, seam side down, in prepared dish. Cover with remaining sauce. Top with remaining cheese. Bake for 15-20 minutes.

*To serve:* Sprinkle with remaining onions and serve with sour cream and guacamole, if desired.

So good on a good winter day. Serve with rice for a complete meal.



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